

27<sup>th</sup> March 2022

Dear Parent/Carers,

**Re: Ramadan and pupils fasting**

The holy month of Ramadan begins on Saturday 2<sup>nd</sup> April, so I am writing to inform you of the arrangements that West Acton Primary School has made to support your child during this time.

Muslims who have reached puberty are required to fast, but we understand that many younger children will also want to join their friends and family, which may involve fasting for part-days, selected days or at weekends. However, the National Health Service considers fasting under the age of eight inadvisable. Many families with primary age pupils choose to introduce fasting at weekends, or holidays or in a shorter, simpler way.

As you are aware we have a legal duty to make sure your children are safe while they are in our care and we also wish to ensure they can continue to learn.

If your child is in Year 4, Year 5 or Year 6, and you feel that your child is able to fast and they choose to do so, we can arrange for them to sit quietly at lunchtime. Our lunch hours are split in to two halves – one for playing and one for eating. Children who are fasting cannot have double play time – they should sit quietly in the hall and we will endeavour to separate those who are eating and those who are fasting. Please speak to your child and ensure that they understand how to act respectfully at this time – I often have to remind children how to conduct themselves appropriately (e.g. not running, not laughing, not shouting, leaving their shoes tidily) when arriving to pray. Furthermore, please ask your children to respect the choices of other families: they should not make unkind comments or pressure those children (Muslim and non-Muslim) who are not fasting. We are a school that upholds the British Values and the Equality Act and no child should be made to feel uncomfortable because they are not fasting

We ask you to bear in mind the following:

- The school will support those in Years 4, 5 and 6 who choose to take part with their parents' permission, but will not enforce the fast.
- If a child looks or starts to feel unwell then they will be offered food and if dehydrated, will be given water.
- For health and safety reasons, no child will be allowed to fast unless we have their parents' written consent.
- If we have significant concerns about your child's health, we will need to be able to contact you during the school day.

If you wish for your child to fast at school then, please email the school office at [admin@west-acton.ealing.sch.uk](mailto:admin@west-acton.ealing.sch.uk) by Friday 1<sup>st</sup> April. Please note that, unless we receive your written permission for your child to fast at school, we will assume that they are not taking part.

At West Acton, are looking forward to learning more about this special time from our community. We will have a visitor conduct an assembly for the whole school; all pupils will be completing an Art and Design activity and we have been lucky to have dates to eat donated by a local shop. We will of course share photos and information with you as these events take place. Eid is due to fall on Tuesday 3<sup>rd</sup> May which is our extra holiday for the Queen's Jubilee so I hope that any families celebrating will be able to enjoy the extended weekend this year, after two years of lockdown.

Finally, I wish all our Muslim families 'Ramadan Mubarak' which will start during our two week holiday.

Yours faithfully,

**Karen Kondo**

**Headteacher**